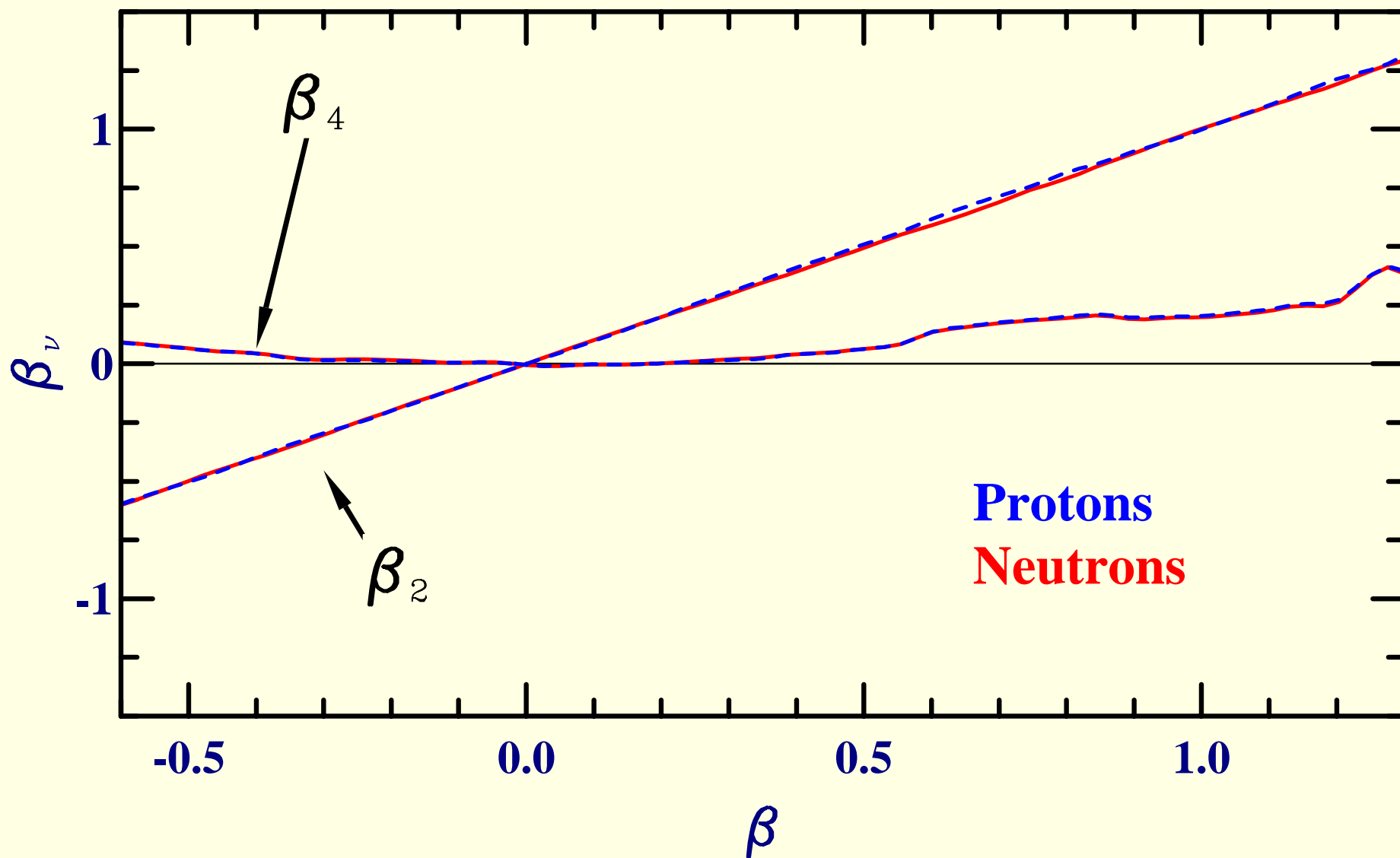


$^{164}_{67}\text{Ho}_{97}$ 

Protons
Neutrons